

# Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

August 2012

## Fruit Pizza Pico de Gallo Fruit Slush Zucchini Casserole Grilled Corn

### Fruit Pizza

Crust: 1 package (16.5 ounces) refrigerated sugar cookie dough

Filling: 1 package (8 ounces) fat-free or light cream cheese  
1/3 cup sugar  
1 teaspoon vanilla

Fresh fruit - whatever kind your family likes, washed and cut up

Glaze: 1/2 cup sugar  
2 tablespoons cornstarch  
1/4 cup lemon juice  
1/2 cup orange juice  
1/4 cup water  
Or use 1 pint strawberry glaze

1. Spread the cookie dough on a pizza pan and bake according to the package directions.
2. In a small bowl combine cream cheese, sugar and vanilla. Mix well. Spread cream cheese mixture on the cooled crust.
3. Top with a variety of fruits your family likes.
4. Make the glaze by mixing sugar and cornstarch in a saucepan. Add lemon juice, orange juice and water. Cook, stirring constantly, until thick and clear. Pour over fruit. If you are using strawberry glaze from the store, spread it over the fruit.
5. Chill in the refrigerator.

**Nutrition Note:** This recipe makes 12 servings. Each serving has 300 calories, 9 grams of fat and 52 grams of carbohydrates.

### Cut Back on Your Kid's Sweet Treats

Make fruit the everyday dessert. Serve baked apples, pears, or enjoy a fruit salad. Or, serve yummy frozen juice bars (100% juice) instead of high-calorie desserts.

Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov)

### Pico de Gallo

1 pound ripe tomatoes, chopped  
1 1/2 cups chopped onion  
1/2 cup chopped, fresh cilantro  
2 tablespoons lime juice  
2 garlic cloves, minced  
1/4 teaspoon salt

1. Combine all ingredients in a medium bowl.
2. Serve immediately or cover and refrigerate for up to 3 days.

Recipe source: <http://recipefinder.nal.usda.gov>

**Nutrition Note:** This recipe makes 6 servings. Each serving has 35 calories, 0 grams of fat and 8 grams of carbohydrates.

### Breastfeeding: Why breastfeeding?



*"I chose to breastfeed so I could bond with my baby. I know breastfeeding is healthier!"*

~ Angel, WIC Breastfeeding Mom from Belcourt, N.D.

For more information about breastfeeding, check out our breastfeeding website at [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding).



### Fruit Slush

6 ounces (1/2 of a 12 ounce can) frozen orange juice concentrate  
1 can (20 ounces) crushed pineapple, juice packed (do not drain)  
1 package (16 ounces) sliced, sweetened frozen strawberries  
3-4 bananas, sliced

1. Mix frozen orange juice concentrate with 1 1/2 cans water.
2. Mix the orange juice with the rest of the ingredients and freeze.
3. Before serving, thaw partially and serve slushy. (Do not add pop when serving.)

**Nutrition Note:** This recipe makes 12 servings. Each serving has 110 calories, 0 grams of fat and 30 grams of carbohydrates.

## Zucchini Casserole

6-8 cups zucchini (1½ pounds)  
1½ pounds lean ground beef  
1 onion, chopped  
1 teaspoon garlic powder  
½ teaspoon pepper  
1 teaspoon oregano  
2 cups instant brown rice, uncooked  
1 can (10.5 ounces) fat-free cream of mushroom soup  
1 can (15 ounces) diced tomatoes, drained  
2 cups low-fat cottage cheese  
1-2 cups reduced-fat shredded cheddar cheese



1. Heat oven to 350 degrees.
2. Cube or slice zucchini. Cook in the microwave until tender-crisp; drain.
3. In a frying pan, brown hamburger and onion. Add seasonings, rice, soup and tomatoes.
4. In a large casserole dish, layer ½ of the zucchini, ½ of the meat mixture, ½ of the cottage cheese, and ½ of the shredded cheese. Repeat layers.
5. Bake for 45 minutes.

Notes: If using frozen zucchini, defrost chopped zucchini and drain well. No need to microwave to soften. If using regular brown rice, use 1½ cups brown rice and 2½ cups liquid. Cook before adding to casserole. If you like more Italian flavor, double the oregano. This recipe can be easily cut in half to make a smaller casserole (6 servings).

**Nutrition Note:** This recipe makes 12 servings. Each serving has 260 calories, 9 grams of fat and 19 grams of carbohydrates.

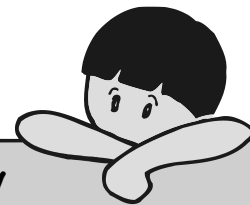
## Grilled Corn

To make tender corn on the cob with a great smoky grilled flavor, remove most of the husk and silk from the ears of corn before grilling. Leave only one layer of husk on the cobs of corn. Try soaking cobs of corn in a large pan of cold water for 15 to 30 minutes before grilling. This will help keep the corn moist. Grill corn for 30 to 45 minutes, turning occasionally, until fully cooked.



Recipe source: [www.numatters.com](http://www.numatters.com)

## Turn Off the TV



**Scavenger Hunt:** Set up a scavenger hunt for your child outside, or inside if it's raining. Use colored plastic eggs inside or outside, or hide other objects, such as small toys or blocks or small stuffed animals. Have your child search for them. Give your child clues about where the items are — tell him to move forward, backwards, to the left, or to the right.

Source: Vermont Fit WIC Program

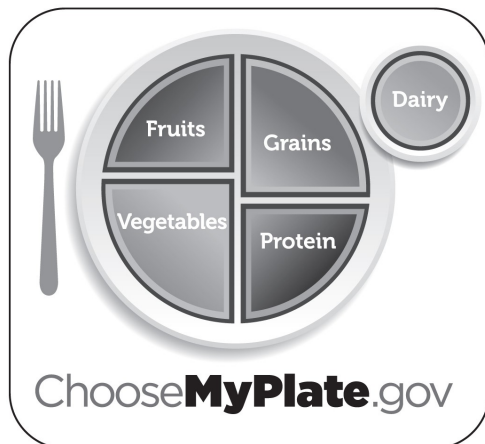


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## GROWING HAPPY FAMILIES



## Make half your plate fruits and vegetables

Choose red, orange and dark-green vegetables like tomatoes, sweet potatoes and broccoli, along with other vegetables for your meals. Add fruit to meals as part of the main or side dishes or as a dessert.